

August 2015

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
10	11	12	13	14
17	18	19	20	21
24	25	26	27	28
31	1	2	3	4

Try This Recipe at Home!

Creamy Cucumber Salad (4 servings)

1 large English cucumber or 2 regular cucumbers
 ¼ cup plain yogurt
 1 TBSP rice vinegar or lemon juice
 1 TBSP finely chopped mint, dill or basil leaves (or use ¼ tsp dried herbs)
 ¼ tsp salt

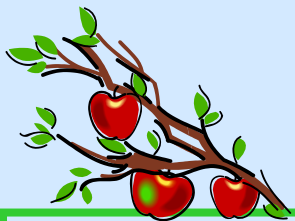
Wash, peel and slice the cucumber into thin rounds, put in a bowl. Add the yogurt, vinegar, herbs and salt. Mix well. Serve right away or cover and refrigerate.

Source: Chopchopmag.org



Contact the school food service department to see what healthy changes we are making!





September 2015

Monday	Tuesday	Wednesday	Thursday	Friday
31	1	2	3	4
7 <i>Labor Day</i>	8	9	10	11
14	15	16	17	18
21	22	23	24	25
28	29	30	1	2

Try This Recipe at Home!

Simply Snazzy Salad (8-10 servings)

1 lb any type of salad greens
 ½ cup carrots, thinly sliced
 1 cup dried cherries or cranberries
 1 cup walnuts, chopped
 1/3 cup balsamic vinegar
 ½ cup olive oil
 2 TBSP Dijon mustard
 1 TBSP honey

Mix greens, carrots, cranberries and walnuts together. In a separate bowl, whisk the vinegar, oil, mustard and honey together until evenly mixed. Right before serving, pour the dressing over the salad mix and toss gently to coat.

Source: MT Harvest of the Month



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October 2015

Monday	Tuesday	Wednesday	Thursday	Friday
28	29	30	1	2
5	6	7	8	9
12 <i>Columbus Day</i>	13	14	15	16
19	20	21	22	23
26 <i>MT Crunch Time</i>	27	28	29	30

October is Farm to School Month!

Montana is home to many farms growing tasty food like apples. The first apple tree in Montana was planted in the Bitterroot Valley in 1866- almost 150 years ago!

October 26, 2015 is Montana Crunch Time— a fun event for everyone to crunch into a Montana-grown apple at 2:00 pm. Join in the fun! Learn more www.opi.mt.gov/Farm2School Ask your school to participate or enjoy at home with your family.



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November 2015

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
9	10	11 <i>Veteran's Day</i>	12	13
16	17	18	19	20
23	24	25	26 <i>Thanksgiving</i>	27
30	1	2	3	4

Try This Recipe at Home!

Lentil Barley Soup (11 servings)

1 cup lentils
 4 green onions, 1 carrot, 2 celery stalks. Slice all veggies.
 ½ tsp oregano
 ¼ cup raw barley or brown rice
 12 cups chicken, beef or veg. broth
 1 16 oz. can diced tomatoes
 Salt and pepper to taste
 Lemon wedges
 1 TBSP fresh basil, parsley or cilantro
 Cook lentils, green onions, carrot, celery, oregano and barley or rice in a pot on the stove. Bring to boil, reduce heat to low and simmer for 2 hours. Stir occasionally. Add the tomatoes, cook for 1-2 more hours. Salt and pepper to taste. Serve with lemon wedges and fresh herbs.
 Source: MT Harvest of the Month



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December 2015

Monday	Tuesday	Wednesday	Thursday	Friday
30	1	2	3	4
7	8	9	10	11
14	15	16	17	18
21	22	23	24	25
28	29	30	31	1
			New Year's Eve	

Try This Recipe at Home!

Lazy Day Beef and Vegetable Soup (6-8 servings)

2 ½ lb stew beef stew meat, cut into ¾ inch pieces
 2-14 oz cans low sodium beef broth
 1-15 oz can chickpeas, rinsed, drained
 1-14 oz can diced tomatoes
 1 cup water
 1 tsp dried Italian seasoning
 ½ tsp salt and ½ tsp pepper
 2 cups frozen mixed vegetables
 1 cup dry small-shaped pasta
 Shredded Romano or parmesan cheese

In crockpot, combine beef, broth, chickpeas, tomatoes, water, Italian seasoning, salt and pepper. Stir well. Cover; cook 5 hours on high or 98 hours on low. Stir in vegetables and pasta. Cook for 1 more hour- until beef and pasta are tender. Serve with cheese sprinkled on top. Source: Beef Council



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January 2016

Monday	Tuesday	Wednesday	Thursday	Friday
29	29	30	31	1 <i>New Year's Day</i>
4	5	6	7	8
11	12	13	14	15
18 <i>Martin Luther King Jr. Day</i>	19	20	21	22
25	26	27	28	29

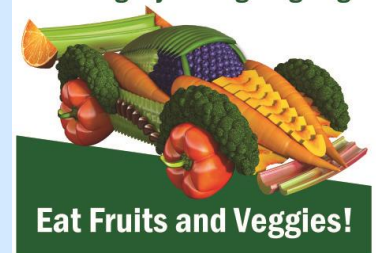
Try This Recipe at Home!

Warm Baked Apples (6 servings)

6 Golden Delicious, Granny Smith or Macintosh apples
 2 TBSP frozen orange juice concentrate
 8 TBSP dried fruit (cherries, raisins, cranberries, or chopped apricots)
 6 tsp honey

Preheat oven to 375 degrees. Lightly spray muffin tin with oil. Remove apple cores with a spoon. Lightly prick around tops of apples with a fork. Place apples in muffin tin. Fill each apple with 1 tsp. OJ concentrate, 1 TBSP dried fruit and 1 tsp honey. Bake until apples are soft, about 30 minutes. Serve warm.
 Source: Chopchopmag.org

Want to get your engine going?



Eat Fruits and Veggies!

Contact the school food service department to see what healthy changes we are making!



February 2016

Monday	Tuesday	Wednesday	Thursday	Friday
1	2 <i>Groundhog Day</i>	3	4	5
8	9	10	11	12
15 <i>President's Day</i>	16	17	18	19
22	23	24	25	26
29	1	2	3	4

Try This Recipe at Home!

Crazy Good Buttermilk Biscuits (12 servings)

1 cup all-purpose flour
1 cup whole-wheat flour
2 tsp baking powder
½ tsp baking soda
½ tsp salt
¾ stick cold butter, cut into pieces
1 cup buttermilk

*Preheat oven to 450 degrees.
Lightly grease cookie sheet. Mix dry ingredients in bowl. Add butter, use a fork or pastry cutter to blend the butter into the dry mixture. Add the buttermilk; stir just until slightly moistened. Gently roll out on floured surface and cut with biscuit or cookie cutter. Bake 12 -15 minutes until golden brown.*

Source: Chopchopmag.org



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March 2016

Monday	Tuesday	Wednesday	Thursday	Friday
29	1	2	3	4
7	8	9	10	11
14	15	16	17 <i>St. Patrick's Day</i>	18
21	22	23	24	25
28	29	30	31	1

Try This Recipe at Home!

Deviled Eggs (4 servings)

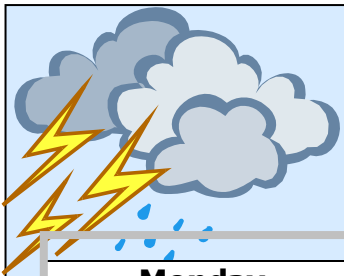
2 TBSP plain low-fat Greek yogurt or mayo
 1 tsp mustard
 1 TBSP chopped fresh herbs such as parsley, dill, basil or cilantro
 1/8 tsp salt
 4 large eggs, hard-cooked, peeled

Mix the yogurt, mustard, herbs and salt together. Cut eggs in half lengthwise. Remove the yolks. Add yolks to the other ingredients and mix together. Fill the egg whites with the yolk mixture. Sprinkle with paprika and fresh herbs.

Source: www.chopchopmag.org



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April 2016

Monday	Tuesday	Wednesday	Thursday	Friday
28	29	30	31	1
4	5	6	7	8
11	12	13	14	15
18	19	20	21	22
25	26	27	28	29

Try This Recipe at Home!

Muffin Frittatas (6 servings)

6 eggs
 1/2 cup milk
 1/4 tsp. salt
 1/8 tsp. pepper
 1 cup shredded Cheddar cheese (4 oz.)
 3/4 cup chopped zucchini
 1/4 cup chopped red bell pepper
 2 TBSP chopped red onion

Heat oven to 350°F. Grease muffin tin. Sauté veggies for 5 minutes. Beat eggs, milk, salt and pepper in medium bowl until blended. Add cheese, zucchini, bell pepper and onion; mix well. Spoon evenly into muffin tin, about 1/4 cup each. Bake until just set, 20 to 22 minutes. Cool on rack 5 minutes. Remove from cups; serve warm.

Source: <http://www.incredibleegg.org>



Earth Day

Contact the school food service department to see what healthy changes we are making!





May 2016

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
9	10	11	12	13
16	17	18	19	20
23	24	25	26	27
30	31	1	2	3
<i>Memorial Day</i>				

Try a Recipe at Home!

Ole! Guacamole (4 servings)

2 ripe avocados
 ½ fresh tomato, chopped
 1 green onion
 1 ½ TBSP fresh cilantro, chopped
 fine
 ½ fresh lime
 ½ tsp hot sauce
 Pinch of salt

Slice avocados in half; remove the pits, scoop out the insides. Mash with fork until chunky (not smooth). Add tomato, green onion, cilantro and salt. Squeeze the lime; add the juice. Stir gently. Add hot sauce if desired. Serve right away or cover tightly with plastic wrap and refrigerate.

Source: Chopchopmag.org

**Eat Smart
to Play Hard**



Eat fruits and veggies
at meals and for snacks

**Contact the school food
service department to see
what healthy changes we
are making!**





June 2016

Monday	Tuesday	Wednesday	Thursday	Friday
30	31	1	2	3
6	7	8	9	10
13	14 <i>Flag Day</i>	15	16	17
20	21	22	23	24
27	28	29	30	1

Try This Recipe at Home!

Blueberry Spinach Smoothie

(2- 14 oz servings)

1 cup fresh spinach
2 cups frozen blueberries
1 ½ cups milk and 1 TBSP honey
Rinse spinach. Put all ingredients in blender in order listed. Blend until smooth, stopping to stir as needed. Add more milk if needed. Serve.
Source: MT Harvest of the Month

Crunchy Celery Sticks (2 servings)

2 celery stalks, washed and dried
2 TBSP peanut butter
2 tsp granola or Grape Nuts cereal
1 tsp mini chocolate chips
Fill celery stalks with peanut butter. Sprinkle with granola and mini chocolate chips. Press down to make it stick. Cut each stalk in half and serve.
Source: www.chopchopmag.org



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